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HIDDEN
HISTORY**
The secrets
beneath us
metroNEWS

COURTESY ASI AND JOHN HOWARTH PHOTOGRAPHY

Condo may strip Yonge of beefcake

DEVELOPMENT

Mixed-use project pitched for site of Toronto's lone male strip club



Jessica Smith Cross
Metro | Toronto

Plans for a massive development could change the face of Yonge Street — and may spell the end of Toronto's only full-frontal, all-male strip club.

Developer KingSett Capital has brought a proposal to city hall that would turn eight small properties on the east side of Yonge south of Gerrard Street into a mix of businesses and

condos.

The building, if approved as proposed, would cover half of the block, incorporating heritage properties on either end. It would consist of a nine-storey base building, with two residential towers on top — one 73 storeys tall and the other 62 storeys — connected by a bridge.

Currently, the stretch of Yonge is a strip of two- to four-storey buildings housing Remington's Men of Steel strip club, a series of low-end shops and restaurants, a rooming house, and a drop-in centre for street youth.

There's no firm timeline for the development, but the city approval process alone is expected to take a year or two, said William Logar, vice-president of development for KingSett Capital.



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Captain John's sets sail for scrapyard

WATERFRONT

Ship must be towed away this month, court rules

Captain John's floating restaurant is about to set sail one last time — tied by tow ropes to two massive tugs that will haul it to a shipyard where the long-time Toronto landmark will be cut into tiny, rusted pieces.

Federal court judge Kevin Alto approved the sale of the ship Monday for an undisclosed amount to veteran ship scrapper Marine Recycling Corporation after being warned that the aged ship, the Jadran, is in "shocking" condition and has almost sunk twice in the last month.

Under terms of this latest court auction — the second in a year — the ship must be removed by Toronto's waterfront by the end of the month, depending on weather.

Marine surveys have shown the ship is top heavy, polluted with asbestos and weighed down

by about 10 feet of oily water. The biggest risk is that the ship could "turtle" on its way to the Welland Canal, one of the world's veteran ship scrappers, Wayne Elliott of Port Colborne-based Marine Recycling,

told court.

There were four proposals during

ing this latest auction for dealing with the rusting relic, including a \$3,000 bid from a group of Boston-area investors who have been determined to refurbish the ship into an entertainment venue.

That was one of two proposals rejected as unworkable.

That left Marine Recycling, which was running up during the first auction, when it asked for \$303,000 from the Port authority to tow the ship away.

The winning bid came from Toronto entrepreneur

James Sbrolla, who fought right to the

end Monday to regain control of ship, which was seized last year by the court over back taxes, berthing and other fees owed to the City of Toronto and Ports Toronto exceeding \$1 million owed by its long-time owner, "Captain" John Letnik.

But after missing payment deadlines, Ports Toronto abandoned the deal and returned Sbrolla's money.

Monday he was back in court, still partnered with Priestly, this time asking for payment of \$250,000 to tow the ship to Oshawa.

Judge Alto's impatience with the long saga was evident a number of times on Monday. At first he agreed to give Sbrolla until Friday to firm up details. But he reconsidered when told by marine expert Alymer Gribble of Montreal-based Gibson Marine Consultants that the ship is in "shocking" shape.

TORSTAR NEWS SERVICE

GAMES

Caterer playing it safe

Quinoa with apple. Dried cranberries and a touch of lemon. Locally caught, white fish with a mild pesto crust. Bison meat loaf with ground beef mixed in to temper any "headiness."

When thousands of Pan Am and Parapan athletes, game officials and coaches chow down after a match this summer, they'll get simple, straightforward food that tastes exactly how it looks.

"We took the basics and we're building in as much choice and variety as possible," says Peter Rick, of Morningstar Hospitality Services Inc., an official Toronto 2015 Pan Am and Parapan American Games caterer.

Playing it safe was key in designing a menu for so many different palates from so many different places with so many different nutritional needs, says Rick, Morningstar chef and registered dietitian.

In a small boardroom at Mississauga's Centre for Health & Safety Innovation, representatives for the 22-month-old company gave a sneak peek Monday afternoon — and taste test — of some of the gastronomy it will offer when the games kick off in July.

Morningstar is the only one of the official Pan Am caterers that is entirely Canadian-owned, says president Chris Trainor, an aboriginal entrepreneur. The company will supply about 5,000 meals a day.

TORSTAR NEWS SERVICE



Captain John's is heading into oblivion.

PHOTOS: TORSTAR NEWS SERVICE

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BY THE NUMBERS

The politics of cyclists

Don Cherry's unforgettable speech at Rob Ford's mayoral inauguration may have cemented in Toronto's collective consciousness that cyclists are "left-wing pinkos," but it turns out that's only about half true.

Forum Research has broken down the public's views on cycling issues in a new survey that ties in political leanings. It found that one-in-three adult Torontonians ride a bike, that six per cent of adult Torontonians cycle every day and that people of all ages, in all areas of the city, across all income levels and of all political stripes cycle in Toronto.

Jessica Smith Cross/Metro

30%

PRO-TORY CYCLISTS

30% of people who voted for John Tory in the mayoral election said they cycle in Toronto.

**BIKE COMMUTING IS
EQUALLY COMMON AMONG
MEN AND WOMEN.**

52%

LICENSED TO RIDE

52% of Torontonians who support the controversial practice of police carding also support the idea of licensing bicycles.

YOUNG AND FIT

Torontonians 18 to 34 years old who commute by bike

20%

17%

FORD NATION ON TWO WHEELS

17% of people who voted for Doug Ford in the mayoral election said they cycle in Toronto.

51%

OUT OF THE CAR AND ONTO THE BIKE PATH

51% of people who voted for Olivia Chow in the mayoral election said they cycle in Toronto.

822

POLLING TORONTO

The total number of adult Torontonians polled by Forum Research on this issue from May 1-5

14%

GETTING AROUND THE CITY

14% of adult Torontonians said they commute by bike to work or school in good weather.

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MUSIC

World Fiddle Day returns to Fort York



Luke Simcoe
Metro | Toronto

Fiddlers from as far away as India will be flocking to Toronto this weekend to celebrate World Fiddle Day at Fort York.

The event's third year features workshops from famous fiddlers and performances by four special guests. One of the biggest events on the bill, though, is a three-hour fiddle jam.

"Fiddling is pretty much the biggest and oldest European-style folk tradition in Canada," said Anne Lederman, the event's artistic director.

Fiddling is far from just a Canadian pastime. As its name suggests, World Fiddle Day celebrates the international flavour



South Indian fiddler Subhadra Vijaykumar will be one of the guest performers at World Fiddle Day Toronto this weekend.
COURTESY ANNE LEDERMAN

of the fiddle.

"It's surprising how many cultures around the world have bowed stringed instruments," Lederman said. "It touches all continents and all cultures."

This year's fiddle jam features 40 songs from more than 30 countries, and one of the featured performers is South Indian fiddler Subhadra Vijaykumar.

World Fiddle Day Toronto takes place May 16 at Fort York (250 Fort York Blvd.). Workshops for fiddle players start at 10 a.m., and the free performances for the public begin at noon.

MARKHAM

Secret arena document finally made public

One of the secret documents related to Markham's failed NHL arena project has been made public.

But it doesn't show much, and a dozen other documents still remain secret.

Last month, the city was ordered by the office of the Information and Privacy Commissioner of Ontario to disclose part of the KMPG work plan, a proposal aimed at assisting the city in making a public-private partnership (P3) business case for the arena.

In its decision in April, the commissioner said Markham should re-examine the reasons for withholding the documents, since the project

has been cancelled.

Councillor Karen Rea was given the document by the city last week and made it public on her website Monday morning.

"After reading the report, you have to ask why the city would deny releasing the report, when there doesn't seem to be any confidential material," Rea said.

The city has until Wednesday to review its reasons for keeping the other 12 documents under wraps.

If the city continues to keep the documents secret after reconsideration, it is required to provide Rea and the commissioner with an explanation.

Six pages from the report that introduce the "proposed team" from KPMG have been redacted for privacy, as was ordered by the IPC.

The arena documents cost the city more than \$700,000, and included advice from experts and lawyers about the viability and business case for bringing an arena to Markham.

Rea filed the two appeals to the privacy commissioner in 2012 and 2013 as a private citizen, after her requests for the documents were denied.

TORSTAR NEWS SERVICE



After reading the report, you have to ask why the city would deny releasing the report, when there doesn't seem to be any confidential material.

Coun. Karen Rea



Kaye Leslie and her guide dog Jordan were refused service at a restaurant on Yonge Street. TORSTAR NEWS SERVICE

Woman and guide dog refused service

RESTAURANT

Staff member claimed food prep as reason

Kaye Leslie and her guide dog Jordan were on their way to meet family for lunch Sunday when nephew-in-law Steven Lewis called with a surprising message: An employee at Paramount Fine Foods was refusing to seat the group because the golden retriever couldn't mix with its halal-style food.

Lewis said he requested a table for four with a "bit of extra space" for the guide dog at the Middle Eastern restaurant and bakery on Yonge Street.

The unidentified employee told Lewis and his wife Leah, Leslie's niece, that dogs weren't allowed in the near-empty res-

taurant.

"I said, 'No, it's a service dog. It's a guide dog.' He said, 'No, this restaurant's halal, you're not allowed in here with any dogs,'" said Lewis, a one-time Toronto resident who was in town for the weekend from Muskoka.

All businesses licensed by the City of Toronto must provide service to people with service dogs, according to the city's licensing bylaw.

After learning about Sunday's incident from Torstar News Service, Paramount Fine Foods CEO Mohamed Fakhri said the company allows service dogs across their 13 locations, a policy printed in their operating manual.

"Probably it's a single mistake from a junior employee," he told Torstar on Monday.

Fakhri said he was unaware of a link between halal food —



Everybody should have access to all the licensed premises that Toronto has, regardless of what they're serving.
John Decourcy, director of bylaw enforcement

which is prepared as prescribed by Muslim law — and a ban on service dogs or dogs in general. He also welcomed the family back to the restaurant to "show that we're different than they thought."

Leslie said she was shocked to receive the phone call from Lewis on Sunday, though she's been discriminated against be-

fore because of her guide dog. She has previously taken a few taxi drivers to court after they refused to pick her up.

"It doesn't happen every day, but when it does I think, 'What year is this?' I think, 'Wow, we've really come a long way, but we're not there yet.' It never ceases to surprise me."

How food is prepared doesn't factor into the city's bylaw, said John Decourcy, director of bylaw enforcement at the City of Toronto.

If a person with a guide dog is refused service, Decourcy encourages them to call 311 and lodge a complaint. Every complaint is investigated and, if there is evidence to support a charge, a ticket of up to \$500 can be issued.

The city will investigate Sunday's incident, Decourcy said.

TORSTAR NEWS SERVICE

POLITICS

Ontario's new PC leader to resign as MP

New Ontario Progressive Conservative Leader Patrick Brown will resign his seat in the House of Commons Wednesday, but he has yet to comment on how he plans to secure a seat in the provincial legislature.

"Certainly, at some point in the future, I would like to enter the provincial legislature, and at a later date we'll announce plans to that effect," Brown said Monday.

The 36-year-old MP from

Barrie, who defeated deputy PC leader Christine Elliott to win the leadership on Saturday, won't have any income after resigning his seat in Parliament. He said he's had no discussions with his party about some form of financing to help pay his bills until he does win a seat in the Ontario legislature.

"I'm not worried about that at this point," he said.

Brown addressed the legislature Monday to give his party's

reaction to a speech by Quebec Premier Philippe Couillard, and unlike most of his predecessors as PC leader, Brown delivered his remarks in French.

His praise of Couillard for Quebec's commitment to a balanced budget and its low electricity prices didn't sit well with some Liberals, but he dismissed the criticism.

"If the Liberals feel that a compliment about a balanced budget and low energy rates is an attack

on their record, well maybe that's something they need to think about," said Brown.

THE CANADIAN PRESS



Patrick Brown THE CANADIAN PRESS

Rob Ford recovering from cancer surgery

POLITICS

Doctors say former mayor's operation was a success

Doctors have removed a cancerous tumour from Rob Ford's abdomen and the former mayor has regained consciousness after an intensive surgery that kept him under anesthesia for about 10 hours, his chief of staff said late Monday.

"There were no new growths, the cancer had not spread beyond what they were already aware of and they were able to remove all the existing growths without causing damage to any internal structures," Dan Jacobs said in an email.

Jacobs said doctors consider the procedure to be a success.

Ford, now a city councillor, is in "some pain," Jacobs said, and still has a long recovery

ahead of him.

Doctors have told him he will need to "take it especially easy" for up to three months, and avoid stressing the area for several more months afterward, Jacobs said.

Hours earlier, the ex-mayor's brother said the family was praying that "everything works out."

"We've just been praying that Rob makes it through ... we're 100 per cent confident that he will and then he has a big battle ahead of him," Doug Ford said outside Toronto's Mount Sinai Hospital on Monday evening.

Before the surgery, Rob Ford said that his biggest fear was not waking up.

"I just want to wake up. That's all I want to do is wake up," he told local television station CP24 on the weekend. "Once I wake up from the surgery, then I can start dealing with it and fighting it and getting better." THE CANADIAN PRESS



Coun. Rob Ford before surgery to remove a cancerous tumour from his abdomen on Monday. DAN JACOBS/THE CANADIAN PRESS

LABOUR

Teachers walk away from the table

Ontario's public elementary school teachers returned to the bargaining table Monday on the first day of a work-to-rule strike — only to walk away again.

During their job action, schools will remain open and extracurricular activities and tests or add comments to report cards.

Premier Kathleen Wynne said during question period Monday

that talks between the province and the Elementary Teachers' Federation of Ontario had resumed, but they broke down again less than half an hour later.

"It was our expectation that the government and the Ontario Public School Board Association would remove concessions from the table," union president Sam Hammond said in a statement. "That did not happen and the meeting ended at 11 a.m."

Education Minister Liz

Sandals said she hopes that with a mediator's support the two sides will be able to make progress. She is, however, worried about high school students in three boards where teachers are on strike, she said.

East of Toronto, 24,000 students have been kept from class by a strike at Durham Region high schools since April 20. In Sudbury and the surrounding area, 5,500 students have been out of school since April 27 by a strike at

Rainbow District high schools. West of Toronto, 42,000 students are not in class because of a strike by high school teachers in Peel Region.

"Each of the boards actually does have web-based course material that's been posted on the board website," Sandals said. "There hasn't been a lot of traffic on those websites and I'm getting concerned that perhaps parents and students don't realize the material is there."

THE CANADIAN PRESS

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This really does feel like brinkmanship bargaining.

Dave Barrowclough, OSSTF District 13 president

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The history beneath our feet

Last week, archeologists working at the site of a new condo development in City Place unearthed a 19th-century schooner. The vessel was a reminder that the ground underneath Toronto is rich with history, ranging from sacred First Nations sites to the remains of military battles beneath Fort York. Here are some of the most archeologically significant sites in Toronto and a glimpse of some of the artifacts discovered at each one.

LUKE SIMCOE METRO



1

THE ALEXANDRA SITE

This 2.5-hectare location in Scarborough was once a thriving Iroquois settlement dating back to at least the 14th century. First discovered in 2000, nearly 20,000 artifacts, ranging from tools to ceremonial pipes and ceramics, have been found at the site, according to a report by Archaeological Services Inc.



2 ST JOHN'S CHURCH

Nearly 60 graves were discovered underneath the parking lot of this Catholic Church near Weston Road and Lawrence Avenue West in 2014. The grave markers dated back as far as 1866.

According to Susan Hughes, the archeological supervisor for the City of Toronto, it's not unusual to find historical artifacts beneath parking lots.

"Often the buildings that were there before were just demolished at grade and left there," she said.



3 BISHOP'S BLOCK (NOW THE SHANGRI-LA HOTEL)

During the construction of the Shangri-La Hotel, the foundation of four homes dating back to 1832 were discovered on the site. According to ASI, nearly 70,000 artifacts were recovered from the site, including the contents of cellars and privies. Some of the artifacts are on display at the Shangri-La Hotel.



JOHN HOWARTH PHOTOGRAPHY — ALL OTHER PHOTOS COURTESY OF ASI

4 EXHIBITION PLACE

Located one kilometre from Fort York, the parking lot of Exhibition Place once covered barracks for 19th-century soldiers. Known as the Stanley Barracks, the site was built to take pressure off the main barracks at Fort York. Most of the buildings were demolished in the 1950s. Pictured above are military medals discovered on site.



5

THE EVERGREEN BRICKWORKS

While not as old as many sites on this list, the Evergreen Brick Works were nonetheless a significant archeological find. The former brick factory operated for over a century and provided the bricks for many of the city's landmarks, including the legislature and Massey Hall.



6 HOSPITAL (TIFF TOWERS)

During TIFF's redevelopment of the northwest corner of King and John Streets, a portion of Toronto's first general hospital was found underneath the parking lot. Constructed in 1819, the hospital was built to care for the influx of immigrants who arrived in Toronto following the War of 1812. During the Irish potato famine of 1847, over 1,200 immigrants arrived at the hospital suffering from typhus. The harp (pictured) is a symbol of Irish culture and the badge likely belonged to an Irish patient treated at the hospital.

MYSEUM TORONTO

Celebrate the city's past and your own with 'mobile museum'

Unlike many major cities, Toronto lacks a municipal museum. However a group of self-described "history wonks" are stepping up to fill the void.

Monday marked the official launch of Myseum Toronto, a grassroots project that aims to take the museum experience out of the institution and

onto the streets. "It's not beginning with walls, it's beginning with programming," said Myseum's executive director, Karen Carter.

The project is still in the "incubatory stage," but Carter told Metro that Myseum plans to stage pop-up exhibits across Toronto celebrating the city's

diversity and regional histories.

The first event is scheduled for the weekend of June 13. Participants can bring items that represent their own history and have them appraised by a museum curator.

There have been many campaigns to establish a civic history museum in Toronto, dat-

ing back at least to the 1960s. One of the main obstacles has always been finding a suitable location, Carter said, noting plans have been proposed for sites ranging from Casa Loma to Old City Hall.

By creating a kind of "mobile museum," Carter and her colleagues are hoping to by-

pass that debate and get the ball rolling.

"It's just time to do something," she said. "And avoiding one location helps avoid getting caught up in that conversation again."

Without the overhead costs of a physical space, Carter said Myseum will be able to offer

exhibits and programming that are accessible to more residents. She said as many as one in four Torontonians don't go to cultural events because they're too expensive.

For more information, visit myseumoftoronto.com, or follow the group on Twitter graph. LUKE SIMCOE/METRO

Courts failing victims: critics

COURTS

Report says judges 'trivialize' abuse survivors

When a man convicted of beating and strangling his girlfriend came before the courts again for breaching a restraining order, a Toronto judge told him: "Don't worry, son, you'll get over her."

This comment was one of many uttered by judges in the city's domestic violence courts that "minimalized and trivialized" a victim's experience of abuse, according to a report released recently by a non-profit organization for survivors.

Toronto-based WomenatthecentrE, a 600-strong group of survivors, conducted a year-long court-watch project to monitor Toronto's Specialized Domestic Violence Courts and the way they handle cases.

Nneka MacGregor, executive director of the group, said the results shed light on



Nneka MacGregor, left, and Vivien Green presented the court watch report, which found Ontario's system for dealing with domestic abuse is "disorganized." TORSTAR NEWS SERVICE

a "serious, serious problem."

"To a large extent the courts appeared to be disorganized, under-resourced and lacking in their ability to consistently hold perpetrators accountable for their criminal behaviour," says the report, titled "Still Unbalanced."



Women are falling through the cracks.

Nneka MacGregor

WomenatthecentrE is calling for a systemic review of the criminal justice system to protect victims. The group also wants judges to receive domestic violence training and publicly condemn violent and abusive behaviour "at every opportunity" in the courtroom.

Toronto's Specialized Domestic Violence Courts have been operating for 15 years, but MacGregor said "survivors continue to speak about how the criminal justice system re-victimized and re-traumatized them."

This frustration, shared repeatedly among the group's members, kick-started the court-watch project.

"There's an expectation that these courts have been working well all this time, but when we went in we realized they actually haven't been," MacGregor said. "There is no oversight around — women are falling through the cracks, and men are not being held accountable."

Many judges did not understand the power and control abusers have over their victims or the challenges victims face when navigating the criminal justice system, the report says.

"With a cookie-cutter approach... it seems like there is more concern with getting a guilty plea and moving the case out of the court quickly than holding abusers accountable," it says. TORSTAR NEWS SERVICE

IN BRIEF

Body found near lake

Police confirmed the body of a white male was found along the water in Toronto's east end.

A woman discovered the deceased male early Monday morning at 6:38 a.m. when police were called to the scene. The beach is located behind R.C. Harris Water Filtration Plant near Queen St. E. and Nursewood Rd.

Police say that given the state of the body, "bloating is consistent with being in the water."

TORSTAR NEWS SERVICE

Woman killed by CP train

One woman is dead after being hit by a CP train in Toronto's west end late Sunday.

Fire crews were called to the tracks near Osler St. between Davenport Rd. and Dupont St. at 10:40 p.m. Rail personnel had reported that they believed their train hit a pedestrian.

One woman was found dead. All traffic on the tracks was stopped, for an investigation.

TORSTAR NEWS SERVICE



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POLITICS

A history of trouble at press gallery dinners

Alcohol, politics, risqué jokes and sometimes even real news — it's all been on the menu for the parliamentary press gallery dinner since at least the 1870s.

Green Party Leader Elizabeth May finds herself in interesting company as one of the revellers over the years whose remarks have grabbed headlines.

May apologized for her remarks at Saturday night's dinner, which closed with her saying that convicted terrorist Omar Khadr had "more class than the whole f—ing cabinet."

A stunned crowd watched as a shoeless Transport Minister Lisa Raitt coaxed May offstage.

But as far as major news goes, May pales in comparison to other incidents in the gallery annals. A few events at gallery dinners marked watersheds in Canadian politics.

The origins of the dinner date back to the early 1870s.

A Toronto Evening Star story recounts how in the 1880s the former mayor of Ottawa Charles Mackintosh, once the gallery president, showed up in full regalia, including a ceremonial

ball and chain.

"The dinner committee held a hurried consultation and decided that the ball and chain was too reminiscent of slave-driving," reads the article. "So Mr. Mackintosh was gently but firmly escorted outside."

Charles Lynch, the late political columnist, recalled in

“

The stories about what happens before, during and after gallery dinners have become legion.

Peter Dempson, former Toronto Telegram reporter

his autobiography the dinner of 1948, when then-prime minister William Lyon Mackenzie King made a startling announcement in the presence of then-governor general Viscount Alexander and the full gallery.

"Willie rose to his feet — and announced his retirement, to the great consternation of his listeners, all of whom were deeply into the sauce and unprepared for a news development of these proportions," Lynch wrote.

Prime Minister Pierre Trudeau attended the dinners with little joy and began snubbing them in 1981. In 1984, he claimed in the Commons to have been misquoted in a story and said, "It's another reason I don't want to go to the God damn press gallery dinner." THE CANADIAN PRESS



Transport Minister Lisa Raitt, prompts Green Party Leader Elizabeth May to leave the stage at the Parliamentary National Press Gallery on Saturday. FRED CHARTRAND/THE CANADIAN PRESS

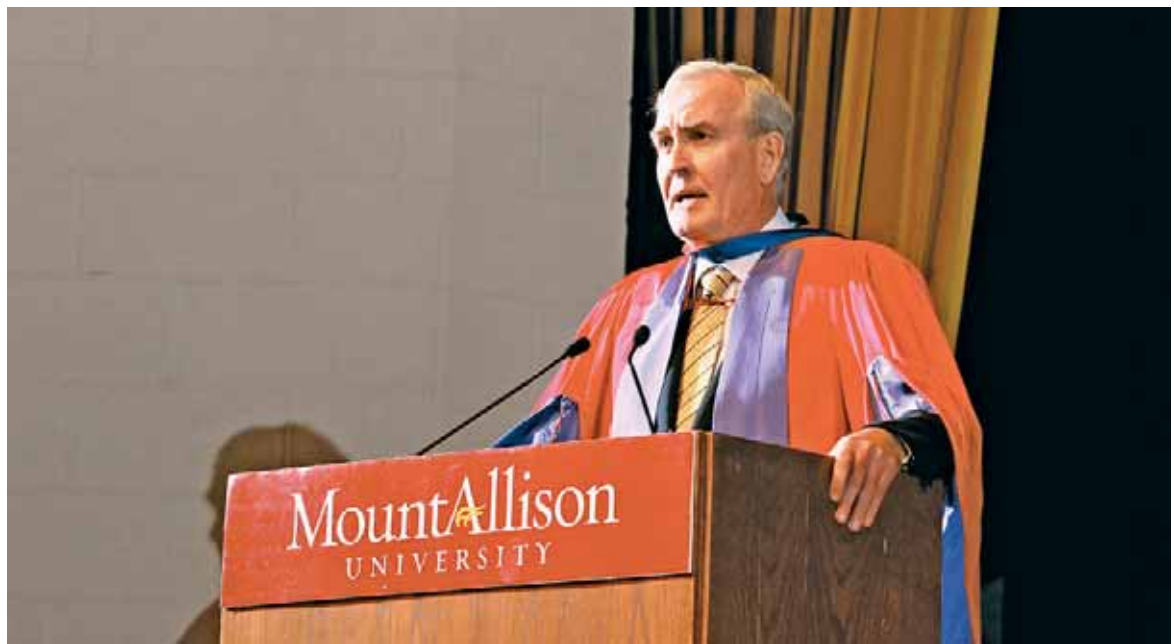
IN BRIEF

Police posing as journalists breaches charter rights, media groups say

Police officers who pose as journalists for investigative purposes are violating the Constitution by having a chilling effect on freedom of the press, an Ontario court heard Monday. In their application to Superior Court, three media organizations argue the practice could put working journalists at risk. It can also make it harder to win the trust of sources and get key information that is in the public interest, they say. THE CANADIAN PRESS

Visa ban dropped for Liberians in wake of Ebola-free declaration

The Canadian government says it will again issue visas to people from Liberia, now that the West African country has been declared Ebola-free. The World Health Organization announced Saturday that Liberia has gone 42 days without an Ebola infection, a milestone that signals the outbreak in that country is believed to be over. In October, Canada made the decision to close borders to people from Ebola-affected countries. THE CANADIAN PRESS



Honorary degree recipient Kevin Vickers addresses convocation at Mount Allison University on Monday. TORSTAR NEWS SERVICE

'I bumped up against a moment in history'

PARLIAMENT SHOOTING

Vickers recalls anguish he felt after killing Zehaf Bibeau

Just days after the attack on Parliament Hill, former sergeant-at-arms Kevin Vickers remembered the gunman not for his evil but for his innate human dignity.

"With my grandchildren in my arms, I said a prayer for Michael," he told the crowd of graduating students at Mount Allison University on Monday after receiving an honorary degree.

Vickers became an international hero after shooting and killing the gunman, Michael Zehaf Bibeau, but he told the students of the anguish he felt over taking a life. Vickers, who is now the ambassador to Ireland, recounted how he came face-to-face with Zehaf Bibeau after the gunman had shot and killed Cpl. Nathan Cirillo and rampaged through the halls of Parliament.

He said Zehaf Bibeau's gun was so close to him, he thought he could just snatch it out of his hand — but Zehaf Bibeau fired. Vickers, who had served in the RCMP for almost 30 years, reacted instinctively, diving to the floor and firing his own handgun, kill-

“

That day was a blur to me.... It was the loneliest moment of my life.

Former sergeant-at-arms Kevin Vickers talks about the shooting on the Hill

ing Zehaf Bibeau.

"I bumped up against a moment in history," he said.

But Vickers said that getting to that moment took more than half a century. Growing up in what is now Miramichi, New Brunswick, Vickers felt called to the RCMP when he was in Grade 2.

"One day ... I saw three members of the RCMP coming out of the courthouse with their red surge. And I knew exactly what I was going to do with my life," he said. On the force, Vickers helped obtain 17 murder confessions. He attributed his success to his father, who taught him to respect all people, no matter their sins.

Although Vickers said he had only ever imagined himself as a police officer, he joined the security force at the House of Commons in 2005 after he saw the role the Hill played in the lives of not just parliamentarians, but everyday Canadians. TORSTAR NEWS SERVICE

EGYPT

Fahmy launches lawsuit against Al Jazeera

A Canadian journalist on trial for widely denounced terror charges in Egypt is suing his employer, Al Jazeera Media Network, alleging the Qatar-based broadcaster's actions significantly contributed to his legal woes.

Mohamed Fahmy said Monday he's seeking \$100 million in damages.

Fahmy, who was the acting bureau chief of the Al Jazeera English channel in Cairo when he was arrested in December 2013, accused the media network of negligent conduct, negligent misrepresentation and breach of contract.

"They don't seem to understand that they cannot continue

“

I will sue them at any cost, and I will win.

Mohamed Fahmy

to challenge the sovereignty of governments, put the story ahead of the safety of their employees and assume that they will continue to get away with it," Fahmy said.

Al Jazeera is owned by the Qatari government — a fact emphasized in Fahmy's lawsuit. Egypt and Qatar have had tense relations since 2013, when

the Egyptian military ousted former Egyptian president Mohamed Morsi. Qatar is a strong backer of Morsi's Islamist Muslim Brotherhood group.

Fahmy's statement of claim, filed in a British Columbia court, alleges Al Jazeera used its Egypt-focused Arabic channel, known as Al Jazeera Mubashr Misr, as "a thinly veiled mouthpiece" to promote propaganda of the Muslim Brotherhood.

The document also notes that various Al Jazeera staff were arrested in Cairo for working without proper accreditation months before Fahmy's troubles began, and that its Arabic channel had been banned in Egypt.

"Given the Egyptian political and legal situation and the fact that four AJE journalists and an administrative assistant had been arrested and detained in the summer of 2013, the network knew or ought to have known that the arrest and imprisonment of Fahmy and other AJE Cairo Bureau staff was a foreseeable consequence of the network's antagonistic and unlawful practices," said the statement of claim said, which contains allegations that have not been proven in court.

But Al Jazeera said Fahmy should be targeting his captors, not his employer.

THE CANADIAN PRESS



SEVERE WEATHER TORNADOES KILL AT LEAST FIVE IN TEXAS AND ARKANSAS Residents survey damage near an elementary school, caused by severe weather, on Monday in Van, Texas. Emergency responders on Monday searched through wreckage in parts of Texas and Arkansas after a line of tornadoes battered several small communities, killing at least five people, including a young couple whose daughter survived. TODD YATES/THE ASSOCIATED PRESS

1,600 migrant 'boat people' reach safety

SOUTHEAST ASIA

6,000 Bangladeshi, Rohingya still stranded at sea

Hundreds of migrants abandoned at sea by smugglers in Southeast Asia have reached land and relative safety in the past two days, but an estimated 6,000 Bangladeshis and Rohingya Muslims from Myanmar remain trapped in crowded, wooden boats, migrant officials and activists said Monday. With food and clean water running low, some could be in grave danger.

Worried that vessels will start washing to shore with dead bodies, the UN High Commissioner for Refugees, the United States and several other foreign governments and international organizations held emergency meetings in recent days, but participants say there are no

immediate plans to search for vessels in the busy Malacca Strait waterways.

One of the problems was determining what to do with the Rohingya if a rescue was launched, participants said on condition they not be named.

Seven boats were rescued Sunday after human traffickers abandoned the ships and left passengers to fend for themselves, officials said. Nearly 600 migrants were brought to shore in western Indonesia and just over a thousand others to Malaysia's Langkawi island.

The Rohingya, who are Muslim, have for decades suffered from state-sanctioned discrimination in Buddhist-majority Myanmar, which considers them illegal settlers from Bangladesh even though many of their families arrived generations ago.

Attacks on members of the religious minority, numbering at around 1.3 million, have in the last three years left up to 280 people dead

and forced 140,000 others from their homes. They now live under apartheid-like conditions in crowded camps just outside the Rakhine state capital, Sittwe, where they have little access to school or adequate health care.

The conditions at home — and lack of job opportunities — have sparked one of the biggest exoduses of boat people since the Vietnam War.

Rohingya packing into ships in the Bay of Bengal have been joined in growing numbers by Bangladeshis fleeing poverty and hoping to find a better life elsewhere.

THE ASSOCIATED PRESS

IN BRIEF

Zimmerman involved in shooting with man who reported incident last year

The man who called 911 to report he was involved in a shooting with George Zimmerman appears to be the same person involved in a road rage incident with the former neighbourhood watch volunteer last year.

Lake Mary Police Officer Bianca Gillett said during a news conference Monday that Matthew Apperson called 911 to report the shooting. She said Zimmerman, who was acquitted in the killing of Trayvon Martin, was not the shooter.

A bullet missed Zimmerman's head, but he wasn't seriously hurt, his attorney said.

Last September, Apperson said Zimmerman threatened to kill him, asking, "Do you know who I am?" during a confrontation in their vehicles. Apperson decided not to pursue charges. THE ASSOCIATED PRESS



George Zimmerman
THE ASSOCIATED PRESS FILE

BIN LADEN CAPTURE

Journalist's report alleges U.S. coverup

A controversial report suggests many of details of the death of al-Qaida leader Osama bin Laden were actually fabricated by the U.S. government. But Seymour Hersh got it wrong, his critics say.

"I can tell you that the Obama White House is not the only one to observe that the story is riddled with inaccuracies and outright falsehoods," said White House spokesman Josh Earnest.

The 10,000-word piece wasn't published in The New Yorker, the best-known venue for Hersh's exposés, but appeared over the weekend on the website for the London Review of Books.

According to the piece, The Killing of Osama bin Laden, the real story involves a deal between the U.S. and Pakistan to quietly kill bin Laden and then claim a few days later that he'd died in a drone strike in Afghanistan.

But the deal fell apart, it said, when one of the helicopters crashed during the mission. Hersh said the Obama administration, much to the horror of the Pakistani government, improvised an explanation of what happened on May 2, 2011.

Those allegedly false details include: The courier whose movements led the CIA to the terrorist's compound. The vaccination doctor who collected bin Laden's

DNA to help confirm the identity of the body. The clandestine flight into Pakistan. The burial of bin Laden's body at sea. The firefight at the compound. The Pakistani anger at the violation of its airspace.

Hersh had as his main source a retired U.S. intelligence official he described as being "knowledgeable about the initial intelligence."

The truth, according to Hersh, was that bin Laden had been a Pakistani prisoner since 2006. The terrorist leader was sickly and barely mobile. Word of his location leaked to the U.S. from Pakistani informants, and once caught, Pakistan grudgingly participated in the raid. The operation was more like an execution, not a firefight. He said the compound was unprotected and did not contain valuable counterterrorism evidence as claimed by the U.S. THE ASSOCIATED PRESS

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Seymour Hersh's reporting has exposed atrocities during the Vietnam War in the 1960s and revealed prisoner abuse after the 2003 invasion of Iraq.

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Google says cars had 11 accidents

DRIVERLESS VEHICLES

Critics seek more transparency

Google Inc. revealed Monday that its self-driving cars have been in 11 minor traffic accidents since it began experimenting with the technology six years ago.

The company released the number after The Associated Press reported that Google had notified California of three collisions involving its self-driving cars since September, when reporting all accidents became a legal requirement as part of the permits for the tests on public roads.

The director of Google's self-driving car project wrote in a web post that all 11 accidents were minor — "light damage,



Google shows off its self-driving Lexus cars at a Google event in Mountain View, Calif., a year ago. THE ASSOCIATED PRESS FILE

no injuries" — and happened over 2.8 million kilometres of testing, including nearly 1.6 million kilometres in self-driving mode. "Not once was the self-driving car the cause of the accident," wrote Google's Chris Urmson.

Like Delphi Automotive, a parts supplier which suffered an accident in October with

one of its two test cars, Google says it was not at fault.

Google has not made public any records.

This lack of transparency troubles critics who want the public to be able to monitor the rollout of a technology that its own developers acknowledge remains imperfect.

THE ASSOCIATED PRESS

IN BRIEF

100 deaths now blamed on faulty GM car switches

The death toll from faulty ignition switches in small cars made by General Motors has reached 100.

The families of the victims are being offered compensation. In addition, GM has agreed to make offers to 184 people who were injured in crashes caused by the switches in older-model cars such as the Chevrolet Cobalt.

Through much of last year, the company had blamed the switches for 13 deaths.

The switches can slip out of the "on" position, causing the cars to stall, disabling some important safety features.

THE ASSOCIATED PRESS

Starbucks goes 'mini'

If a small Frappuccino seems like too much of an indulgence, Starbucks is now selling a more petite version of the sugary coffee drink. The Seattle-based coffee chain says it will start selling a Mini Frappuccino starting Monday through July 6. The new size is just 10 ounces, compared with 12 ounces for the company's "tall" or small size. The calories in a Mini Frappuccino vary depending on the flavour.

THE ASSOCIATED PRESS

FEDERAL BUDGET

Bill fails unpaid interns: NDP

Measures announced in last month's budget to protect unpaid interns have turned out to be far less potent than advertised, New Democrats charge.

Details of the measures were spelled out in an omnibus budget implementation bill tabled last Friday and NDP MP Andrew Cash said he was disappointed to find the Harper government is doing nothing to protect interns from sexual harassment, being forced to work unlimited hours or being otherwise exploited as unpaid labour.

The government is proposing to amend the labour code to include occupational health

"I want to highlight the issue of sexual harassment ... because that is part of workplace standards that is not in this bill."

NDP MP Andrew Cash

and safety protection for unpaid interns, such as the right to refuse to do unsafe work. It also proposes to require employers to keep records of the

number of hours worked by interns and to limit full-time internships to four months in duration, although Cash said nothing prevents them from being renewed.

While that's "a step forward," Cash said the government is doing nothing to ensure provisions on workplace standards apply to interns — the provisions that provide protection from harassment, long hours with no days off and other exploitation.

Nor, he discovered, is the government requiring unpaid internships to be managed by educational institutions.

THE CANADIAN PRESS

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PRO/CON

Should interns get the same rights as employees?

NO: Make it easy for employers to offer opportunities

In the 2015 federal budget, the government promised to clarify the legality of unpaid internships in federally regulated industries. Last week's budget implementation bill states that workers must be paid unless the job is part of a school program. But there are exceptions. Interns needn't be paid at least minimum wage if the job is supervised, lasts less than four months, primarily benefits the intern (not the employer) and is neither a replacement for a paid position nor a condition of a job offer. Supporters say this system will allow employers to easily offer learning opportunities without worrying about running afoul of the law. Many young people entering competitive fields want the right to volunteer their time to gain experience and contacts that will open future doors.

YES: Interns deserve the same protections as workers

The proposed internship regulations don't go far enough, says NDP MP Andrew Cash. He argues the provisions do nothing to make sure all workplace standards apply to interns, including protection from sexual harassment and unreasonably long work hours with no days off. Cash's intern-protection bill, which was defeated last month, required all internships be managed by educational institutions. He says that's the only way to make internships provide practical experience, rather than just furnishing companies with an endless supply of free entry-level labour. And as anyone who has juggled an internship with a paid job can tell you, the benefits of unpaid experience primarily go to those who can afford to work for free.

ROSEMARY WESTWOOD

metroview

It sounds obvious, but feels wrong: Murder is part of being human

There is no simple answer to why people kill.

We often hear stories of slayings out of jealousy, revenge or anger — feelings we all have, and yet only 452 Canadians were accused of murder in 2013.

And though we fear strangers, nine in 10 murders occur between people who know each other. One-third happen within a family. When it comes to who is capable of killing, according to experts, the answer is all of us, depending on the situation.

Randy Janzen did not appear, to those who knew him, as a murderer.

And yet he's suspected in a triple homicide in B.C. last week. In a Facebook post, Janzen wrote that he shot his daughter in the head to cure her of her torturous migraines and then killed his wife and sister to spare them the pain of that act. He then killed himself, according to reports.

It appears from the scant information available that mental illness may have played a role in Janzen's actions, said Alasdair Goodwill, a psychologist and director of the Criminal Investigative Research and Analysis Group. But many people suffer from mental illnesses and do not kill.

Psychologists use complex risk assessments to predict who might kill, but the analysis isn't perfect.

According to Dr. John

Bradford, a forensic psychiatrist and professor at various Canadian universities, killing is a matter of "the right circumstances."

Randy Janzen did not appear, to those who knew him, as a murderer.

It sounds obvious, but feels wrong: murder, it seems, is part of being human.

The study of homicides is full of categories and correlations. There is a subsection called familicide, which can include an altruistic belief by a parent that they are helping their children by killing them.

We know that most serial killers are white, Bradford said, but we don't know why: it's part of the "interesting little shades of grey with homicide."

Even these experts have wondered about their own ability to kill, something Goodwill called an "age-old question."

Bradford, who was once conscripted into military service, said that though he never had to shoot someone: "With the peer pressure, I would have been able to do it." In civilian life, however, he says, "I couldn't shoot a bird."

I have also wondered. But like most people, I haven't been tested. And I never want to find out what I'm capable of.

It will take capital to get the Green Line built

YOUR RIDE

Glyn Bowerman



Sure, I complain. In a way, complaining comes with the job.

But it's important to remember that this city, for all its subway debates and car-centric planning, is one of incredible energy and ingenuity.

There are many organizations, engaged citizens and, yes, even some politicians who are constantly dreaming up ways to improve our city — ideas whose times have come.

When these ideas surface, it's important to rally behind them. The Green Line is one such idea.

The nonprofit group Park People is trying to build momentum behind a proposal to convert five linear kilometres of the Dupont hydro corridor,

small parks and parking lots into a multi-use trail.

This Green Line would stitch together a portion of Toronto's west end from Earls-court Park to Spadina Road.

Jake Tobin Garrett, the group's manager of policy and research, said they are looking for people to show support for the overall vision and demonstrate a groundswell of community interest.

Garrett said people who want to see this project happen can let their local councillor and MP know they stand behind it: "There's actually a lot of political ward boundaries that surround the Green Line, so it's great for people in different communities to speak up about their support for this."

Hydro land throughout the city has been successfully converted into linear parks and trails, most notably along the Finch and Gattineau corridors. Very close to the Green

Line's western starting point, portions of the West Toronto Railpath have already been converted into trails along the Junction Triangle, with plans to extend all the way south into Liberty Village.

Garrett said the east-west Green Line would be the ideal connection to establish north-south bike routes like the railpath or the Shaw Street bike lanes, which would then provide connections to the waterfront.

Taking a big-picture approach, projects like the Green Line could be scaled to create an important network for cyclists, almost a series of bike highways, that would make safe commuting easier. Plus, they would provide an enjoyable way to experience Toronto's many diverse neighbourhoods.

But these sorts of things rarely happen on their own, simply on the strength of the ideas themselves. Now is the

These things rarely happen on their own, simply on the strength of the ideas.

time to throw support behind the Green Line and similar projects.

It will take capital — literal and political — to make this goal a reality.

On the Green Line website, you can become a friend of the project. People are encouraged to join in future events, host their own, and let their friends and neighbours know about the project.

So, as the saying goes, the time is now. I say go do it!

Glyn Bowerman is a Toronto-based journalist, theatre artist, and regular contributor to Spacing Magazine. Follow him @Banquos_Banquet

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by Jason Logan





Big redesign on campus

Entertainment districts, green roofs and pedestrian-friendly places to hang are just some of the ways universities are trying to woo students today

MEGAN HAYNES LIFE@METRONEWS.CA

The University of Manitoba's streets are empty at night. Students attend classes at the Fort Garry campus during the day, but clear out shortly after, says Rejeanne Dupuis, the school's acting director of campus planning.

In her ideal world, they'd linger. She hopes to create a mixed-use, pedestrian- and transit-friendly community, open to students and the neighbouring residents on the recently purchased Southwood Golf course, adjacent to the Winnipeg-based school. In her plan, students would get their groceries at the on-campus grocery store, where they'd mingle with the professors who live nearby. They could go clothes shopping or see the latest Marvel flick in the entertainment district, or possibly get a part-time job at one of the small businesses set up under the residence hall.

Campus, she says, would be a bustling centre 24 hours a day, seven days a week.

The University of Manitoba's ambitious master plan — the document meant to inform future development — is designed to create a community. And it marks a trend at schools across the country trying to make their campuses a more inviting place in order to woo prospective students, because university executives are realizing not all learning happens in a classroom.

"Universities want to attract the best and brightest students and staff," says Nicole Taddune, associate at PFS Studio, who worked on the Vancouver-based University of British Columbia's master plan. "Being a university student is a very important time in your life. People want to go somewhere that's inspiring, that they can get attached to. (Schools) are starting to see it's not just about buildings, but all the spaces in between that tie the university together."

Courtyards where students can hang out or even take classes, farmers' markets and social activities, cafes to study, pedestrian-friendly green spaces that are easy on the eyes — that all factors in when students look for schools now, she adds.

Over at the University of Ottawa, creating a student epicentre was a key aspect of the new master plan, which was unveiled in March. Eric Turcotte, principal at Toronto-based Urban Strategies, the firm behind the plan, points to a new university square, which will replace an existing parking lot. The square, expected to open in the fall, will host future convocations, not to mention frosh weeks and other social activities, and is designed to be a place students want to hang out.

University growth has traditionally focused on simply accommodating the influx of new students, constructing buildings on an ad hoc basis rather than focusing on what makes a campus a place that's unified, Turcotte adds. But that's changing.

Back at the University of Manitoba, the proposed community plans are still in their early stages, going before the university board at the end of the year, before going before the city for approval in 2016.

Though there are still a number of steps before the UofM master plan gets approved, Dupuis isn't concerned, having built it off of the feedback of thousands of people from the school and surrounding neighbourhood.

"It's about long-term sustainability for the campus," she says. "Ultimately it supports students because it's a good place to be. But it's (also) a community you can graduate into and live in other stages of your life."



The proposed University of Manitoba redesign aims to create a hub of community and learning on what was once a golf course. COURTESY UNIVERSITY OF MANITOBA



Ryerson University's Student Learning Centre, which opened in February at the corner of Yonge and Gould. DAVID COOPER/TORSTAR NEWS SERVICE



Artist rendering of the future Place de L'Université (University Place), a new square at the core of the University of Ottawa's campus that will be completed this fall. It will host convocation, frosh week activities and daily student life. COURTESY URBAN STRATEGIES

HEAD OF THE CLASS

A UNIVERSITY OF MANITOBA

It's a mixed-use plan, inviting local businesses onto the campus to set up retail stores, restaurants, and even office space, with rental and development fees funnelled back into the university's coffers. It's also transit-oriented, with buildings constructed in a way to be serviced by the impending rapid transit network, and pedestrian-friendly, with trees and green space designed to help shield students from the harsh Winnipeg winters.

Most anticipated: The campus's own entertainment district, with a movie theatre and restaurants.

B UNIVERSITY OF ALBERTA

The Edmonton-based university is focused on making its open spaces more accessible and appealing to students. The outdoor spaces should be usable as an academic resource, inviting to the neighbouring community and enhance the school's environmental sustainability.

Most anticipated: A proposed open-air market for food and retail vendors.

C UNIVERSITY OF BRITISH COLUMBIA

UBC's master plan, currently being revised, is all about densifying the campus, creating mixed-use areas blending residences and classrooms where students can live, learn and relax. The university also wants to put its academics on display, orienting buildings in a way that classrooms, labs and even the fitness centres are more open and accessible to the wider student body.

Most anticipated: Students might be able to take classes or do labs in the proposed biosciences open-air courtyard, set to begin construction in 2016.

D UNIVERSITY OF OTTAWA

U of O is considering shutting down streets in the middle of the campus to car traffic to make the school more pedestrian-friendly. It will also turn a busy King Edward Street into the façade of the school, widening the sidewalks and adding cafes, bookstores and banks to the street level.

Most anticipated: The university learning centre, expected in 2018, will be located steps from the incoming LRT station.

E RYERSON UNIVERSITY

The master plan for the Toronto university, unveiled in 2008, encourages future developments to think vertically, taking advantage of the space above the existing buildings rather than trying to expand outwards to accommodate new students. In fact, a Ryerson student should be able to get from one end of campus to the other in less than 20 minutes, in this ideal world.

Most anticipated: The Church Street development, expected to be finished by 2018, will sit at the heart of the "garden district," and be complete with a small park-in-the-sky green roof.



Diddy stars in a racy video with his girlfriend, Cassie, to promote his new fragrance. SCREENSHOT / 3AM VIDEO

Diddy wants to change the world

INTERVIEW

Sean Combs talks racy video, Tidal and Baltimore

Sean "Diddy" Combs will be the first to tell you that he doesn't launch brands, he launches lifestyles. So when it came time to promote his latest fragrance, he put himself on the line and starred a racy video with girlfriend Cassie that many have deemed too risqué for television.

He said the simulated sex in the 3AM perfume promotional video was inspired by those provocative Calvin Klein commercials.

"It pushes the envelope, but it's done in a very tasteful way. It's more about your thinking about than what you're seeing on the screen," explained Diddy.

With success making music as an artist and producer as well as with his fashion line, Sean John, Diddy says he's driven by the same principle for success — hard work. It's paid off; Forbes recently named him the wealthiest hip-hop artist, and his fragrances — this is the fourth — have earned him a couple of FiFi Awards, the Fragrance Foundation's annual industry honours.

The Grammy-winning artist spoke about his brand last week, but had weightier issues on his mind, including the unrest in Baltimore over

the death of Freddie Gray.

What are your thoughts on Tidal (Jay-Z's music streaming service)?

It's a great idea for the artist to be involved in the distribution. Everything takes time, so we'll see in the next couple of years. But I would bet on Jay-Z.

You've been outspoken regarding the way the president handled Ferguson, what are your thoughts on Baltimore?

Baltimore is something that people have to realize is not just something that is just occurring over this one tragedy. ... The black community are the forgotten ones — just like people are in poverty all over this country, but especially the black community. So you have a lot of built-up frustration especially in the kids that see their future is bleak and they are being forgotten. People need to pay attention to that.... Something has to change soon.

You have the music, the clothes, and the scent, the vodka line; what else can you do?

Philanthropy. So for me, it's what change can I make. So you were talking about Baltimore and Ferguson.

As an African-American man, I have a responsibility in the future. I want to be able to do more things to affect change. THE ASSOCIATED PRESS



As an African-American man, I have a responsibility in the future. I want to be able to do more things to affect change.

Sean "Diddy" Combs

CALIFORNIA

Let the drought shaming begin!

In case you haven't heard, there's a drought going on in California.

Like, a really, really bad one — so bad that some experts predict the state's reservoirs have less than a year's worth of drinking water left in them.

Well, either a bunch of A-listers didn't get the memo, or they just don't care.

Photographer John Chapple recently cruised some posh neighborhoods via helicop-

ter for visual confirmation of how the rich and famous are apparently more concerned with lawn maintenance than the fragile state of their state.

While Barbra Streisand's cliffside Malibu estate and Hugh Hefner's famed Playboy Mansion stand out, it's the sprawling home of Kanye West and Kim Kardashian that's the most galling in the photos, with lush, emerald green lawns abutting

the dried brown dirt more native to California during a drought.

Jennifer Lopez's home is a close second.

Of course, there are measures in place to combat wasting water and boost conservation, but the maximum allowable fine is \$100, which is less than these folks are likely paying their gardeners to begin with.

NED EHRBAR/FOR METRO



GETTY IMAGES



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WELL-BEING

App helps you find your therapist match

Now that more and more health-care services are available at the click of a mouse, IMB's Watson supercomputer is taking things one step farther, now bringing its skills to an app that matches individuals to the therapist that's right for them.

Prospective patients chat anonymously in the app called Talkspace and reach a network of over 200 licensed therapists specializing in a variety of problems ranging from depression, anxiety and stress to relationships and parenting struggles.

For \$25 per week, users can exchange text messages with the therapist with whom they've been matched, and half-hour video chat sessions are available for \$29.

The service also includes couples therapy.

In addition to the personalized services, Talkspace also offers 141 free forums each led by a therapist where users can talk anonymously.

So far, the forum boasts of 105,319 users and has logged 2,024,052 posts.

Representatives from Talkspace say on their website that they believe online therapy real-



Talkspace app. CONTRIBUTED

ly is effective if done by qualified individuals, as research suggests, yet they don't consider it a substitute for offline therapy.

"Rather, we create a doorway for dealing with real life issues that may be an element in our lives, but may not necessarily require full clinical psychiatric process," they write.

Privacy and security are taken into consideration, according to the site, in which representatives say users have the option of anonymity. AFP

INTIMACY

More sex not always great

We've been told by research, self-help books and the media that having lots of sex will make us happy, yet a new study at Carnegie Mellon University in the U.S. suggests upping your sexual activity could in some cases lead to frustration.

Simply increasing the frequency of sex with your partner is not the recipe for eternal afterglow, according to the study, which found that individuals need genuine inspiration on their own accord to initiate more sex and reap the benefits.

"If we ran the study again ... we would try to encourage subjects into initiating more sex in ways that put them in a sexy frame of mind," says George Loewenstein of Carnegie Mellon. AFP



Feeling sexy matters. ISTOCK



Offering your seat to a woman of a certain age can leave both you and her confused. ISTOCK

Respect your elders ... at your own risk

ON THE BUS

Young rider suffers boomer lady backlash

URBAN ETIQUETTE

Ellen Vanstone



Dear Ellen, I'm 26, have been living in Canada for two years, and I take the crowded bus to work every morning. I have been raised to respect my elders, and so last week I offered my seat to an older woman standing near me. She looked at me with hatred, shook her head and said, "Seriously?"

What does this mean, Ellen? — Pressi

Dear Pressi, First of all, rest assured that you have done nothing wrong. Your manners are impeccable and you did the right thing by offering your seat to an older person.

The problem is that the "older person" you are dealing with is probably a middle-aged Canadian boomer lady (M-ACBL) who does not wish it to be publicly known that she is an M-ACBL — even though it is obvious to everyone else around her.

Yes, it's confusing — because she herself is confused. Not because she is old and senile (though we can't entirely discount that possibility), but because she is bewildered by the fact she is not young anymore. This was not part of the boomer bargain!

If only we ladies at a "certain age" could move in with a bunch of kindly elephants who know how to treat their female elders! Alas, we are instead forced to ride public transit to jobs where we make less than men, and where young people — people like you, with your keen eyesight and strong young limbs — will always clearly see the (shudder) normal ageing process as it takes place in all of us.

Hang on, I'm getting a little confused myself here... Where was I?

The thing is, Pressi, I applaud your good manners, and beg you never to stop respecting the elderly, no matter how mean and cantankerous they act around you. I, for one, would be honoured to take a load off the next time anyone offers me a seat.

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LEARNING CURVE

Summer is a time for saving

Student debt remains a hot topic, with the average student leaving university owing \$27,000, according to a 2013 BMO survey. The federal government announced in February that \$300 million in unrecoverable student loans will be written off, making student debt a national problem.

For many, it's unavoidable, but counting your nickels during the summer can save you from carrying debt into your future.

Linda Mackay, senior vice-president of retail saving and investing at TD Canada Trust, remembers the challenges of budgeting and the temptation to apply for the numerous credit cards being offered on campus.

"The toughest term is typically the first year because you probably haven't made a budget, you have a rough sense of the costs, but surprises pop up," Mackay says.

Mackay recommends using websites like getsmarteraboutmoney.ca that helps you



SHUTTERSTOCK

create a budget, which factors in tuition, books and living costs, so students can have a clear picture of the money they will need to succeed during and after school.

Setting goals, checking that you are meeting those goals, as well as tracking your spending are essential for budgeting. Mackay recommends performing a financial reality check after each semester, but also

in August before the school year begins.

"Don't put your head in the sand if things aren't going as you expected and you've encountered some surprises and are struggling," Mackay says.

Instead, she says students should take advantage of financial advisers on campus or at their local bank, even if talking about finances is daunting.

"For most of us, there is an element of pride and we want to make sure we know what we're talking about and some of the terms financial advisers use can be intimidating," Mackay says.

"Their goal is to make it better for you and help you out. That's probably where they get the most value for their job."

— Abby Wiseman

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Many students enrolled in programs such as the medical office administrator program begin without prior work experience in the field. In such a fast-paced environment that demands a strong working knowledge of medical terminology, skills, and accuracy, on-the-job training is not always available, which is why many of CDI College's programs include practicum placements so students can gain hands-on experience prior to graduation.

"The practical training at CDI College, and especially the practicum, is so important because you are actually getting experience," Mol says.

"It's also something that you can add to your resumé that's actually hands-on."

For more information about CDI College's medical office administrator program or other health-care programs, call 1-877-658-4045 or visit to.cdicollege.ca.



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Depending upon how you look at it, it could be the hottest or coolest career option out there. Centennial College's heating, refrigeration, and air conditioning technician (HRAC) program can also give you a head start on your career.

"It's a good program to get into the field," says Tom Marshall, the heating, refrigeration, and air conditioning program coordinator. "It can help accelerate your gas 3 certification, and it covers ozone depletion course as part of it, which is required to purchase and handle refrigerants."

"The certification also lets you challenge the Level 1 and 2 requirements for the 313A apprenticeship, which saves two blocks of schooling and can take some time off of that process."

The two-year program can help students prepare for a career in an industry where the job opportunities — pun fully intended — are heating up.

"Right at the moment, there are no excess

technicians out there for refrigeration and air conditioning — there's a shortage of candidates," Marshall says. "Our demographic is also fairly old for the field."

This last point is important because changes to how Canada approaches refrigerants may create more opportunities.

"With the Canadian government looking to phase out HCFC refrigerants, you're probably going to have a fair number of people retiring because they don't want to learn the new technology," Marshall says.

The HRAC industry touches many parts of our lives and in a broad spectrum of scale.

"This certification covers everything from a water cooler to the Air Canada Centre's cooling system, from a walk-in storage cooler in a restaurant to a freezer in your basement," he says, adding that from a heating component it helps prepare for work on units up to 400,000 BTUs.

The majority of students come to the program straight out of high school, but there



CONTRIBUTED

are some who take the course as part of a transition to a second career, Marshall says. Whatever your reason, he says it's important that prospective students do their research.

"It's not a short path to a career," he says.

"After the two-year course, you have to have a five-year apprenticeship."

People interested in the program can visit centennialcollege.ca, email hrac@centennialcollege.ca, or call 416-289-5000, ext. 2356.

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Brady suspended 4 games

DEFLATEGATE
NFL fines Patriots \$1M, strips pair of draft picks

The NFL came down hard on its biggest star and its championship team, telling Tom Brady and the Patriots that no one is allowed to mess with the rules of the game.

The league suspended the Super Bowl MVP Monday for the first four games of the season, fined the New England Patriots \$1 million and took away two draft picks as punishment for deflating footballs used in the AFC title game.

"Each player, no matter how accomplished and otherwise respected, has an obligation to comply with the rules and must be held accountable for his actions when those rules are violated and the public's confidence in the game is called into question," NFL executive vice-president of football operations Troy Vincent wrote to Brady.

The Patriots lose next year's first-round pick and a fourth-round choice in 2017.

Brady would miss the season's showcase kickoff game on Sept. 10 against Pittsburgh, then Week 2 at Buffalo, a home game against Jacksonville and a game at Dallas. He will return the week of a Patriots-Colts AFC championship rematch in In-

dianapolis.

He would be replaced by Jimmy Garoppolo, a 2014 second-round selection from Eastern Illinois who won the Walter Payton award as the best player in the FCS. He has thrown 27 NFL passes, including one touchdown.

Brady has three days to

appeal the suspension to commissioner Roger Goodell or his designee. His agent, Don Yee, said "the discipline is ridiculous and has no legitimate basis" and that Brady will appeal.

"And if the hearing officer is completely independent and neutral, I am very confident the Wells Report will be exposed as an incredibly frail exercise in fact-finding and logic," Yee said in a statement.

The Patriots

did not immediately comment on the punishments.

The league also indefinitely suspended the two equipment staffers believed to have carried out the plan, including one who called himself "The Deflator."

Vincent wrote letters to the team and Brady saying a league-sponsored investigative report established "substantial and credible evidence" that the quarterback knew the employees were deflating footballs and failed to co-operate with investigators.

The investigation by attorney Ted Wells found that Brady "was at least generally aware" of plans by two

Patriots employees to prepare the balls to his liking — underinflated.

The Patriots defeated the Indianapolis Colts 45-7 and went on to beat the Seattle Seahawks in the Super Bowl.

The fine matches the largest the NFL has handed out, to Ed DeBartolo Jr., then the San Francisco 49ers' owner, who pleaded guilty to a felony in his role in a Louisiana gambling scandal in 1999.

Brady said last week that the scandal hasn't taken away from the team's 28-24 Super Bowl win over Seattle — its fourth NFL title since the 2001 season.

"Absolutely not," he said at a previously planned appearance in Salem, Mass., last Thursday night. "We earned everything we got and achieved as a team, and I am proud of that and so are our fans." THE ASSOCIATED PRESS



Tom Brady
GETTY IMAGES

12.5

The minimum amount of pressure — in pounds per square inch — a football must have in the NFL.



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San Francisco defensive tackle Darnell Dockett's reaction in a tweet

CRIME Hernandez charged in shooting of witness

Former New England Patriots player and convicted murderer Aaron Hernandez has been charged with trying to silence a witness in a double murder case against him by shooting him in the face and leaving him for dead, prosecutors said Monday.

Hernandez was indicted Friday by a grand jury in Boston on a charge of witness intimidation, according to the office of Suffolk County District Attorney Daniel Conley. It's the latest criminal charge against the former star tight end, who once had a \$40-million contract with the Patriots.

Hernandez's lawyers didn't immediately return a message seeking comment on the new charge.

The 25-year-old was convicted last month of killing Odin Lloyd, who was dating his fiancée's sister, in June 2013. He also faces two counts of murder in Boston, where he is accused of gunning down two men in 2012 after one caused him to spill his drink at a nightclub.

The latest charge is connected to the Boston killings. The Suffolk County DA's office said the victim of the intimidation was a witness to those killings, which happened on July 16, 2012.

"Hernandez allegedly shot him in the face on the morning of Feb. 13, 2013, and left him to die on the side of the road in Riviera Beach, Fla., after the witness made a remark about the homicides," the office said in a news release.

The office did not identify the witness, but it is clear from several other court proceedings that it is Hernandez's former friend Alexander Bradley.

THE ASSOCIATED PRESS



Aaron Hernandez
GETTY IMAGES

MLB Orioles ground Jays in return home



Ubaldo Jimenez racked up nine strikeouts Monday and improved to 3-2. GETTY IMAGES

Manny Machado and Chris Davis hit first-inning homers, Ubaldo Jimenez had a season-high nine strikeouts over seven sharp innings and the Orioles celebrated their return to Baltimore with a 5-2 victory over the Toronto Blue Jays on Monday night.

Because of rioting and violence in the city, the Orioles last played in front of their home fans on April 26. They last played at home on April 29 behind closed doors.

THE ASSOCIATED PRESS

IN BRIEF

Hawks get even with Wiz

Finally looking more like a No. 1 seed than the team that's been so-so in the playoffs, the Atlanta Hawks beat the Washington Wizards 106-101 on Monday night behind Jeff Teague's 26 points to even their second-round series at 2-2.

Two days after hitting a buzzer-beater to win Game 3, Washington's Paul Pierce missed a three-pointer that would have tied the score with less than 10 seconds left. THE ASSOCIATED PRESS

TENNIS

Raonic climbs ATP rankings to No. 4

Milos Raonic was hunkering down for surgery and a stint on the sidelines on Monday only to see his career reach a new apex. The Thornhill-raised tennis star is now ranked No. 4 in the world, jumping two spots on the newly released ATP list.

It's the highest ranking ever for a Canadian singles player, besting Quebec's Eugenie Bouchard, who reached fifth on the women's list last October.

Raonic is expected to take up to two weeks to recover

This is a milestone that is a great stepping stone for me for what I want to achieve.

Milos Raonic

from surgery to repair a nerve in his right foot and be ready for the French Open.

TORSTAR NEWS SERVICE

DeRo 'humbled' by retirement reaction



Dwayne De Rosario retired on Sunday night after 14 MLS seasons and 81 appearances for Canada. CARL COURT/AFP/GETTY IMAGES

SOCCER

Toronto FC and Canada legend hangs up cleats

Rewind some 17 years and Dwayne De Rosario was working in a Toronto health food store called The Big Carrot.

De Rosario was at loose ends after having to extricate himself from a miserable experience with German club FSV Zwickau, with whom he had signed as a teenager in the wake of the 1997 FIFA World Youth Championship.

"I was in limbo, didn't know what to do," he recalled.

A couple of local soccer clubs called, but he wanted more. Then one night riding home from work, the penny dropped.

"I just said, 'You know what, I can't do this.' And I got back training and playing."

The USL Richmond Kickers called with an offer out of the blue. De Rosario accepted immediately, knowing they were affiliated with D.C. United of MLS.

Canadian Frank Yallop, then an assistant coach with D.C. United, invited him to come train. "Then he got the San Jose job and the rest is history."

Fourteen MLS seasons later, De Rosario is calling it quits just days ahead of his 37th birthday. He retired without fanfare via social media Sunday night.

The attacking midfielder's body of work speaks volumes, however, and news of his retirement drew a flood of tributes.

"It's overwhelming really to get that kind of support," he said Monday. "I'm definitely humbled by it for sure."

Playing for San Jose, Houston, Toronto FC (twice), the New York Red Bulls and D.C. United, DeRo won the MLS championship four

times, was twice named championship game MVP and earned MVP honours in the 2006 all-star game. He was the league MVP in 2011 — he was runner-up twice more — when he also captured the Golden Boot.

He scored 104 MLS goals and added another 22 for his country, a Canadian record. He remains Toronto FC's career leader in goals, assists, shots, shots on goal, game-winning goals and multi-goal games.

De Rosario is third in Canadian senior national team history with 81 appearances. He played for eight Canadian managers. It should be noted that Canada was 11-4-4 when De Rosario scored.

THE CANADIAN PRESS

28

De Rosario's 28 goals with Toronto FC are a franchise record.

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If making your own pesto, try arugula to replace the basil for a different flavour.

Recipe serves 4

Ready in

Prep time: 5 minutes

Cook time: 5-10 minutes

Ingredients

- 12 oz trimmed asparagus
- 12 oz shelled and deveined medium shrimp
- 1 1/3 cups orzo, uncooked (rice shaped pasta)
- 1/4 cup homemade or store-bought pesto
- 1/4 cup grated Parmesan cheese

Directions

1. Grill or roast asparagus and shrimp at 425F, just until asparagus is tender and bright green and shrimp is cooked. Cut asparagus into 2" pieces.

2. Meanwhile, bring a pot of water to a boil, add orzo and boil just until barely tender, about 8 minutes. Drain and rinse with cold water. Add to serving bowl along with asparagus and shrimp. Add pesto, mix well and garnish with cheese.

Nutrition per serving

- Calories 330
- Protein 23 g
- Carbohydrates 43 g
- Fibre 3 g
- Total fat 8 g
- Saturated fat 2.5 g

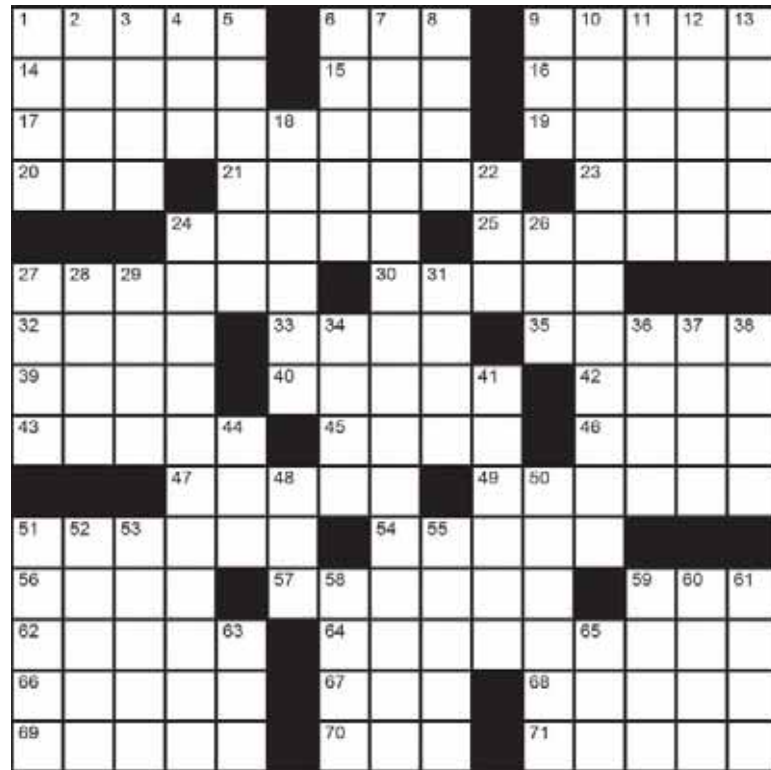
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20. Pronounce
21. Jacob ___ - Meets the Hooded Fang (Mordecai Richler book)
23. "Stand by Me" by ___ King
24. Selkirk Mountains village in British Columbia
25. "Won't Get ___ Again" by The Who
27. Window shop
30. ___-gritty
32. Frost
33. Change
35. Beverage tube
39. ___-tongued
40. Ouches!
42. Sub ___ (Secretly)
43. "You dig?": 2 wds.
45. "The Bridge on the River ___" (1957)
46. Hurting
47. Scottish singer Ms. Boyle
49. Miss Duke's of "The Dukes of Hazzard"
51. Seal of approval



54. Soft ice cream design
56. Egg: French
57. Find a new spot for the painting
59. Pacific island, ___ Jima
62. Actor Sean, son of Patty Duke
64. Cowboy Junkies

- song: "___ Angel"
66. Hotsy-___
67. ___ "The A-Team" star
68. Fix the rough copy
69. Classical composer, Louis ___ (b.1784 - d.1859)
70. Hot season

- in Quebec
71. Spiffy shoe coverings

DOWN

1. Breath mints, tic ___
2. Ottoman Empire honorific
3. Hope the

- heavens will hear
4. 'Ballad' suffix
5. Ms. Burke's of "Designing Women"
6. Insects sci. ___
7. Type of top, ___
8. Goulash
9. Mineral ___
10. Highway 22 as it's

- also known in Alberta because of the ranchlands it traverses: 2 wds.
11. Window type
12. Short-tubed pasta
13. Bordered
18. Harry Potter: Hogwarts Castle bird hangout
22. ___-quoted
24. Chewy aqua-inspired candies produced in Hamilton, Ont.: 2 wds.
26. Periods beyond regular hrs.
27. Boast
28. Pasta alternative
29. Exclude
31. Dubuque's locale
34. "___! _ mouse!"
36. Mythical birds
37. Blonde hair hues, sometimes
38. Manners
41. Aluminum on a house
44. Wk. day
48. Crooked opposite, for short
50. Quarrels
51. Paint layers
52. Ancient teller of fables
53. ___ the chase
55. Garbage
58. Single-named supermodel
59. Cartoon lightbulb meaning
60. Departed
61. Un-evens
63. Big Apple hockey team [acronym]
65. Pixie

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20
You may be impatient to make things happen but the planets warn you must not move too fast. There is no need to rush: everything that is meant to happen will happen at the proper time. It's how you react to events that matters.

♉ Taurus April 21 - May 21
Mars leaves your sign today but that does not mean you can no longer be positive. In some areas you can be even more positive than usual. Money matters are doubly important now.

♊ Gemini May 22 - June 21
You may not be in the mood for compromise but you should make the effort anyway. Even with Mars moving into your sign there will be some things that you can only do hand-in-hand with others.

♋ Cancer June 22 - July 23
You will have to do something today that takes up a lot of your time but you know if you leave it to other people they will mess it up completely.

♌ Leo July 24 - Aug. 23
Someone will say something that hurts your feelings today but chances are they are motivated by nothing more than jealousy. What are they jealous of? Your popularity, your creativity, your energy — just about everything really.

♍ Virgo Aug. 24 - Sept. 23
If you approach someone in a position of authority over the next 24 hours you are sure to get a positive response. They will give you what you need most — exceedingly good advice.

♎ Libra Sept. 24 - Oct. 23
There is no point trying to relax now that Mars, planet of energy, is moving into your fellow air sign of Gemini. There are so many things you want to do and so many people and places you want to see. Go for it!

♏ Scorpio Oct. 24 - Nov. 22
It does not matter what you are promised or how much you are offered — you must wait a few days before making any new agreements.

♐ Sagittarius Nov. 23 - Dec. 21
You may not like a certain person very much but you are going to have to work with them and the sooner you accept that fact the sooner your business with each other will be finished.

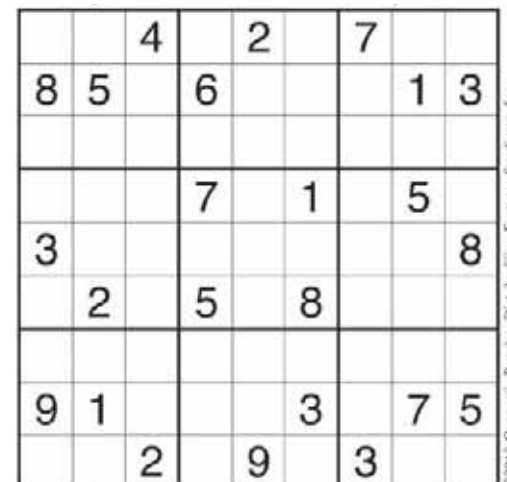
♑ Capricorn Dec. 22 - Jan. 20
You may not be the life and soul of the party at the moment but don't let it worry you. The less time you spend talking and socializing the more time you will have to think.

♒ Aquarius Jan. 21 - Feb. 19
All things are possible now that Mars, planet of ambition, is moving through the most decisive area of your chart. Be selective in your endeavors.

♓ Pisces Feb. 20 - March 20
Too often in the past you have tried to mold yourself to fit other people's expectations of you and sometimes the results have been less than pleasing. Be yourself today, and every day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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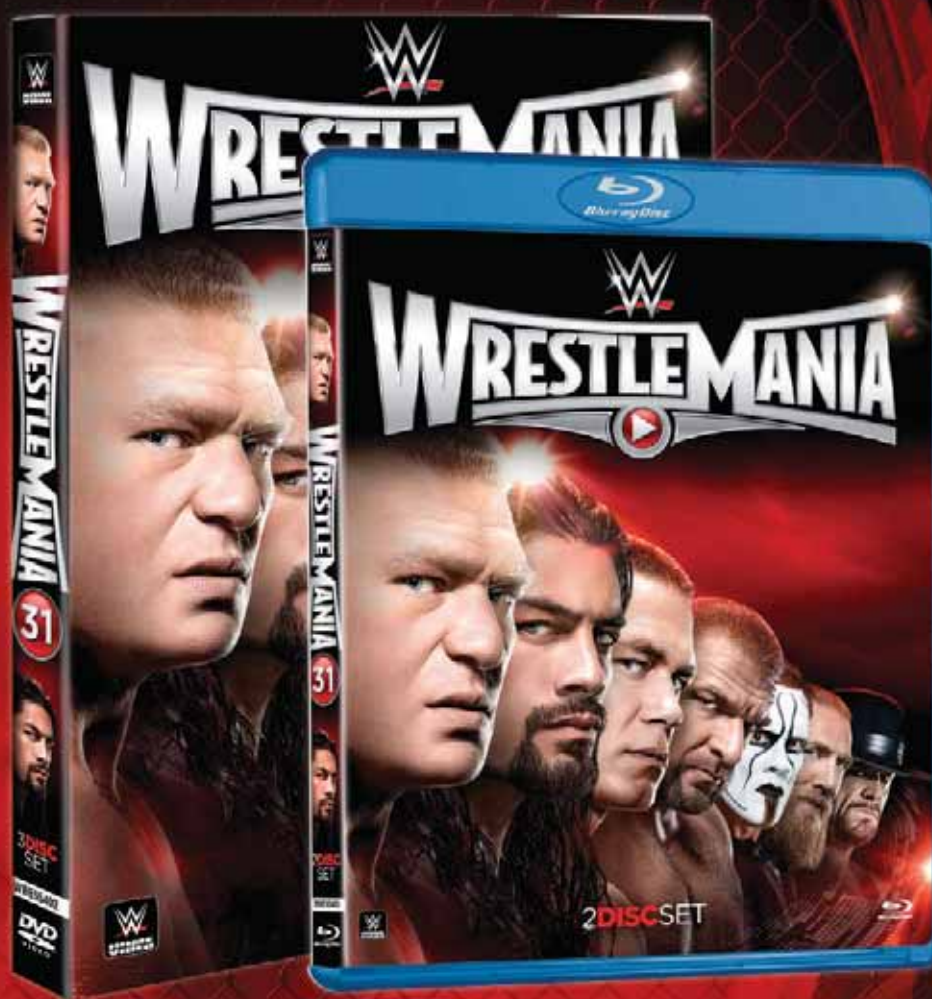
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